

Tips To Conserving Energy And Water

BY SHARON GUTHMILLER
Extension Educator

An average of 44 percent of the typical utility bill for a home can be traced to heating and cooling costs. By being aware of simple tips and energy saving ideas, individuals and families can decrease their bills and still live comfortably.

The U.S. Department of Energy gives these suggestions for conserving energy.

Set your thermostat as high as is comfortable in the summer. The less difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.

Programmable thermostats can help you save as much as 10 percent a year on your heating and cooling bills by turning your thermostat back 10 to 15 percent for 8 hours. With this type of thermostat, you can adjust the times you turn on the air-conditioning according to a preset schedule. Programmable thermostats are not expensive and pay for themselves in a short amount of time.

Use kitchen, bath and other ventilating fans wisely. In just one hour, these fans can pull out a houseful of cooled or warmed air. Turn fans off as soon as they have completed the task.

During the cooling season, keep the window coverings closed during the day to prevent solar gain. Consider using an interior fan in conjunction with your window air conditioner to spread the cooled air more effectively through your home without greatly increasing your power usage. A ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort. It is helpful to install a fan in each room that needs to be cooled.

It is best not to place lamps or TV sets near your air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.

Be sure to plant trees or shrubs so that they can shade household air-conditioning units. Be sure they do not block the air flow of an air conditioning unit. A unit operating in the shade uses as much as 10 percent less electricity than the same one operating in the sun. If you wish to ventilate your home naturally, consider these suggestions:

- Take time to learn how air flows naturally through your home.
- Take advantage of cool night air and ventilate your home by natural or mechanical methods.
- Keep a clear path for airflow both inside and outside your windows.
- Close windows, doors and window coverings in the morning before your home starts to heat up.
- Avoid producing heat in your home when it's hot outside.
- Wear cool clothing.
- Take time to check your home for ways you can conserve energy and use good common sense when heating and cooling. With the hot summer weather, energy and water conservation are a concern for homeowner. Energy con-



SHARON GUTHMILLER

servation and environmental efficiency go hand in hand.

With the emphasis on going green, there are many ways we can help sustain our economic needs as well as conserve other resources we use each day.

Water is one of those resources.

To conserve water in the home, begin with the largest water users. The toilet, shower or bath and washing machine account for two-thirds of the water used in an average household. Adjust water level of the washing machine to the laundry load size and soil. Typically, less water will be used to wash fewer full loads than several small loads. Look for the EnergyStar label and amount of water used for washing machine tub capacity. Repair dripping faucets by replacing washers.

If your faucet drips at the rate of one drop per second, loss of water can exceed 2,700 gallons per year. This loss and wasted water will add to the cost of water, sewer utilities or strained septic system.

Approximately 20 percent of toilets may leak. Place a few drops of food dye in the tank. After 15 minutes if color appears in the bowl, there is a leak that should be repaired. Typically, the toilet flapper needs replacement. A toilet installed prior to 1993 may use up to 7 gallons of water per flush. Newer toilets use 1.6 gallons per flush. Pressure and vacuum-assisted and jetaction toilets were designed to improve waste removal. Toilet dams, 1.6 gallon flappers or water-filled plastic containers can be installed in older toilet tanks, but reduced flow can affect flushing. About 3 gallons of water in the tank may be needed to flush properly.

Older showers can use as much as 6 to 8 gallons of water per minute fully opened. As of 1994, shower heads use no more than 2.5 GPM. A quick shower usually draws less water than a bath. If using a bath, use lower bathtub levels.

Other items you may wish to consider in energy and environmental efficiency include: Store drinking water in the refrigerator rather than letting the tap run every time you want a cool glass of water. Operate automatic dishwashers and clothes washers only when they are fully loaded or properly set the water level for the size of load you are using. Water lawns during the early morning hours when temperatures and wind speed are the lowest. This reduces losses from evaporation. Use hose washers between spigots and water hoses to eliminate leaks. Set sprinklers to water only the lawn and not the sidewalk, street or house. Saving water also can save on utility bills, so be water wise and save.

Thought: A closed mouth gathers no foot.

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.



simple summer solutions

Fresh Recipes And Easy Entertaining Tips

FAMILY FEATURES

Summertime entertaining should be easy and fun. And it can be — with some simple solutions and fresh recipes.

Holly Clegg, the "Queen of Quick," is a best-selling cookbook author who knows how to keep things sweet and simple. She's teamed up with the American Chemistry Council's Plastics Make it PossibleSM campaign to offer helpful tips and recipes to make your summer entertaining a breeze.

START WITH SIMPLE RECIPES

- For this tropical dessert pizza, make the cookie crust the day before. Mix the filling and store it in an airtight plastic container, then cut up fruit and store in individual resealable plastic bags. Be creative and substitute your family's favorite fruits. Kids will have fun arranging the sliced fruit on this yummy dessert pizza!

- Three ingredients plus three minutes equals one tasty marinade. Let the kids help pour the ingredients into a resealable plastic bag to flavor juicy pork tenderloins with a subtly sweet, spicy marinade.

- The combination of crisp watermelon, juicy tomatoes and fresh basil with balsamic vinegar creates a fantastic and refreshing light salad. Just cut up ingredients and store in separate plastic containers, then toss together right before the party to keep the flavors fresh.

SIMPLY ENTERTAINING

- For picnics on damp ground, placing an inexpensive plastic tablecloth under a blanket helps keep dampness from reaching picnickers - and keeps your blanket

cleaner, too.

- Wash, chop, measure and prepare your ingredients 1 to 2 days before an event or party. They can be stored in resealable plastic bags or airtight containers in the refrigerator to make putting together recipes much easier the day of the party.

- Save plastic grocery bags to send guests home with leftovers. Placing an empty plastic grocery bag in a picnic basket is also a great solution for collecting trash after a picnic in the park - it doesn't take up much room and will act as a waterproof barrier to prevent spills.

- Create a dipping station for barbeque and grill sauces using reusable plastic storage containers with lids. Guests can spoon sauces onto their plates; when the party is over, simply place the lids back on the sauces and store in the refrigerator. They come in all different shapes and sizes and even fun colors.

- Use resealable plastic bags for marinades. Put meat in the bags with marinade and refrigerate overnight. It helps save space in the refrigerator and clean up is easy. This also works for coating and breading.

For more tips on ways to make summer entertaining a breeze, visit www.PlasticsMakeitPossible.com.

3-INGREDIENT MARINADE FOR PORK TENDERLOIN

- 2 1-pound pork tenderloins, trimmed of excess fat
 - 1/4 cup reduced sodium soy sauce
 - 1/4 cup roasted garlic seasoned rice vinegar
 - 2 tablespoons honey
- Preheat oven to 350°F.
In bowl, combine all ingredients except tenderloins. Place meat in dish or large resealable plastic bag, pour marinade over meat. If time permits, refrigerate overnight, turning meat several times. Bake 40 to 45 minutes or until meat thermometer inserted into the thickest portion of the tenderloin registers 160°F. Slice tenderloin, serve.

WATERMELON AND TOMATO SALAD

- 4 cups scooped out watermelon balls or chunks
 - 1/2 cup chopped red onion
 - 1 pint cherry tomatoes, halved
 - 2 tablespoons fresh chopped basil
 - 1 tablespoon olive oil
 - 2 tablespoons balsamic vinegar
 - Salt to taste
 - 1/3 cup crumbled reduced fat feta cheese, optional
- In bowl, combine watermelon, onion, tomatoes and basil. Whisk together oil and vinegar and toss with salad. Season to taste. Refrigerate until serving.



TROPICAL FRUIT DESSERT PIZZA

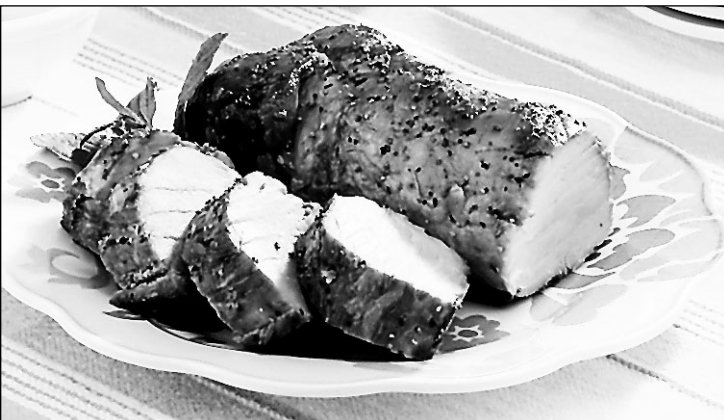
- 1 18-ounce roll refrigerated ready-to-slice sugar cookie dough
- 1/3 cup sugar
- 1 8-ounce package fat-free cream cheese
- 1 teaspoon coconut extract
- 1 1/2 teaspoons grated orange rind
- 1 cup fat-free frozen whipped topping, thawed
- 1 26-ounce jar mango slices, drained, or 2 fresh mangoes, sliced
- 1 16-ounce can pineapple slices, drained, or 1 fresh pineapple, sliced
- 1 11-ounce can mandarin orange segments, drained
- 1/2 cup apricot preserves
- 2 tablespoons orange liqueur or orange juice
- 2 tablespoons coconut, toasted, optional

Preheat oven 350°F. Press cookie dough into a 12 to 14-inch pizza pan coated with nonstick cooking spray. Bake 12 minutes, cool completely. In medium mixing bowl, blend together sugar, cream cheese, coconut extract until well mixed. Stir in orange rind and whipped topping, mixing until smooth. Spread cream cheese mixture on top of cooled crust.

Arrange mango slices around edge of iced pizza. Then, arrange pineapple slices around edge. Next, arrange mandarin orange slices in another ring to fill center of pizza.

In small saucepan or in microwave, heat apricot preserves and orange liqueur just until melted. Spoon glaze over fruit. Sprinkle with toasted coconut, if desired. Refrigerate until serving.

Terrific Tidbit: Go ahead and grate more orange rind than you'll need for the recipe — you can grate a whole orange or lemon and freeze the rind in a plastic freezer bag until needed.



60th Wedding Anniversary

Don and Rosemary Heirigs of Viborg, SD, will celebrate their 60th wedding anniversary on June 6, 2010, with their six children and their spouses who will be home to celebrate.

The couple has 16 grandchildren (one deceased). They also have six great-grandchildren.

A family gathering will be held in Sioux Falls, SD.

Greetings may be sent to: 44520 288th St., Viborg, SD 57070-6215.

Mr. & Mrs. Don Heirigs

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YOU'RE NEWS!
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It is with our deepest gratitude that we wish to express a heartfelt *Thank You* to everyone who has blessed us with your many expressions of sympathy since the loss of our husband, father and grandfather, **Lorenz Fox**. Your numerous phone calls, visits, cards, floral arrangements, plants, food, memorials, masses, hugs and prayers have helped to give us comfort with the passing of our loved one.

Thank you to everyone who was able to come to the wake and funeral, at the wake we especially want to thank our friends Darold Adamson and Don Dicks for leading the rosary. Father Paul Josten for the Scripture and memorializing Lorenz in such a wonderful way.

Thank you to everyone at Wintz & Ray Funeral Home, special thanks to Paul Wintz for your compassion, dedication and preparing Lorenz so beautifully. You were so helpful and kind through all of the funeral arrangements. Your guidance and assistance helped to ease our burden.

Special "Thank You" to Rev. Paul Josten and ALL of the Priests who Celebrated a Beautiful funeral mass rejoicing Lorenz's life. Darold Loecker, you have been such a great friend to dad, it was an honor to have you lector for his funeral mass.

We GREATLY Appreciate your words of kindness and compassion Father Richard Fox. Your homily was Beautiful and a Wonderful tribute to your Uncle Lorenz. We know that your words touched him too.

Marilyn Kathol and the choir you were outstanding as always. Jason Pasco your voice is absolutely beautiful. And Erin Heine (granddaughter), you did an amazing job singing for your grandpa. You all honored Lorenz with your voices, we know that he was surely smiling ear-to-ear as you all sang and rejoiced his life.

Thank you to the American Legion for your graveside service. The National Guard for your honorable flag presentation, it was all so beautifully presented.

We wish to thank the funeral committee who served cookies and coffee after the wake service. The numerous funeral committee volunteers along with Roger Merkel and all those who provided cakes and salads for the funeral luncheon, thank you.

Dr. Susan Fanta we greatly appreciate your care and concern for Lorenz over the years.

We feel so grateful and especially Blessed to know Lorenz had touched so many lives in such a positive way. The Many memorials, masses and donations in his name are such a huge tribute to his memory.

We are so thankful to everyone, you have touched our lives just as you had touched the life of Lorenz and made his life so special.

If we have neglected to mention anyone in our thank you, or have somehow forgotten a personal thank you to you, please know that it is not intentional and accept this as your "Thank You!"

May God Bless you and may the memories you have of Lorenz live on forever in your hearts.

Fran Fox • Dan, Wanda and Derek Fox • Ann, Ron, Jeremy, Ross, Erin, Alex and Adam Heine

Thank You

We would like to thank everyone who played a part in making the fourth annual YSD 63-3 Foundation Dinner/Auction/Toast a success this year.

Businesses and individuals who sponsored "Tables of 8": Smith Insurance; First Dakota National Bank; Dr. Jay and Joyce Hubner; Jim and Celia Miner; Johnson, Miner, Marlow, Woodward & Huff, LLC; Press & Dakotan; Bob and Carol Winter; Home Federal Savings Bank; KYNT/KK93/Riverfront Broadcasting; Friends of Yankton Riverboat Days; Wal-Mart Supercenter; Friends of SDSU GO JACKS!; Yankton Quarterback Club; Yankton Sertoma Club; Chris and Stephanie Specht; Murdo's; Matt and Karen Michels; HyVee Employees; Dr. Bill and Cyndi Dendinger; Yankton Medical Clinic, P.C.; CorTrust Bank; Dr. Joe Gertsema/Joyce Wentworth and Friends; Avera Sacred Heart Hospital; and YHS Grads/USD Wannabees.

Live and silent auction items: Johnson, Miner, Marlow, Woodward & Huff, Prof. LLC; Bob and Carol Winter; Yankton High School; Webster Elementary School Staff; Robinson Motors; Scott Larson and Fox Run Golf Course; Julie Vig O'Brien; Ann Smith & Colleen Schurrer; USD/President Jim and Colette Abbott; Dakota Aerials; Mountain Man Fruit & Nut Company; Murdo's; KYNT/KK93; Dakota Archery; Fred Haar Co., Inc.; First Dakota National Bank; John Blackburn; Lexie Klimisch, Whitney Specht and Taylor Specht; Dave and Brenda Spencer; Jayna Wagner; Yankton Nurseries; Profiles Salon; Julianna Boutique; Dr. Jay and Joyce Hubner; Hillcrest Golf & Country Club; Linda's Angel Crossing; KK93 Employees, Cimpl's, Dakota Beverage, Kopetsky Ace Hardware, J&L Harley Davidson, Julie Dykstra, and Lelia Elder; Bob and Jean Friedenbach; Monta's Framing & Design; Mike and Deb McDonald; Ray Epp; and Jim Balfany.

Special thanks to Brad Dykes for allowing us to toast him; Matt Michels for an outstanding job as our Master of Ceremonies; Jeff Steppat and the staff at Minerva's; Corey Enfield, Chris Specht, Dan Specht, and Dr. Dan Megard for roasting Brad; Bill Bobzin for auctioneering; Jane Bobzin; Tim Kenney; Ann Smith; Colleen Schurrer; Joyce Hubner; Benedictine Health Foundation (Roses Just Because); YHS Dance/Cheer Team members; and to everyone who attended.

The Foundation is a community-based, non-profit 501(c)(3) organization. Designed to help cover what State and Federal funding are unable to provide, the goal is to raise funds to support and enhance educational opportunities through the Yankton Public School system. Funds raised by and donated to this event will provide "Lending-A-Hand" grants for educational resources for Yankton School District 63-3 teachers to enhance their classrooms and students' learning opportunities.

THANK YOU!

Yankton School District 63-3 Foundation Board of Directors:
Roger Smith (President); Celia Miner (Vice President),
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